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Introduction:
Coping with hardships in life is not only about solving problems and handling negative emotions, it is about making sense of difficult events and finding positive meaning in how these events can impact the self and one's life.

Redefining difficult moments or crises can be opportunities for individual growth, but to capitalize on those opportunities, people have to acknowledge that an event was difficult.

Objective of the present study:
To examine defense mechanisms individuals employ during conversational interviews, along with the extent defense mechanisms effect individuals mental/physical health and well-being.

Methods:
79 Participants
Recruited through brief interviews
Age ranged from 18 to 84 years
Participants were asked two questions: One about crises, and one about turning points in their lives.

Discussion:
Repression may be a defense strategy used by individuals to influence their ability to acknowledge or remember personal, real-life experiences (McAdams, 1998).

Another defense strategy that can influence the ability of an individual to acknowledge personal, real-life experiences while conversing with someone else is the theory of positioning (Bamberg, 2004). For example, participants reluctant to acknowledge and label their experiences as a crisis may not want to appear weak or vulnerable and they position themselves accordingly to others.